



# PAUL ROOS

GIMNASIUM | GYMNASIUM

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Geagte Ouer

## AFSTEL VAN WINTERSPORT/HERVATTING VAN SOMERSPORT

Vanweë die stygende Covid-getalle tans in skole, is daar besluit om PRG se wintersport te staak. Nie alleen word oefeninge en die kies van spanne bemoeilik weens seuns wat positief toets of moet isoleer nie, maar om seuns vir rugby kontakgereed te kry om beserings te voorkom is uitdagend. Die risiko van ernstige beserings, tesame met oorvol hospitale is ernstig oorweeg met die besluit om wintersport te stop.

There are certain winter sports' teams that still have commitments towards other schools in the form of tournaments and fixtures. The following winter sports will keep on training:

- 19A Hockey (Until Hibbert Shield): 23 – 26 September
- 15A Hockey (Until Paarl Gymnasium Tournament): 23 – 26 September
- 14A and 16A Soccer teams (Until 11 September)
- 19A Soccer (Until Nedbank Tournament at Grey College on 14 October)

Nadat wintersport die afgelope paar maande by verskeie geleenthede aan- en afgestel is, is daar besluit om volstoom met somersport te begin tydens die week van 23 Augustus.

Graag wil ons seuns aanmoedig om aan somersporte deel te neem en om oefensessies getrou by te woon. Verskeie wedstryde, toere en toernooie word tans beplan en dit is belangrik dat spanne voorbereid is vir die uitdagings wat voorlê.

Strict Covid-19 protocols will be followed during practices and the upcoming matches and tournaments.

Please find the training times for the upcoming weeks.

Kind regards

Stephan Jordaan  
HEAD OF SPORTS

20.08.2021

<b>TRAINING TIMES</b>
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### HOCKEY

- Mondays & Wednesdays (15:00 - 16:30) - U15s
- Monday & Wednesday (15:00 – 17:00) - U19s

#### Fixtures

- Paarl Boys' High – 27 August  
-16h00 u15 vs HJS u16 (4x15mins)  
-17h30 u17 vs HJS u17 (4x15mins)
- Somerset College - 4 September

### SOCCER

- Mondays & Wednesdays (14:30) - U17 & U19
- Tuesdays & Thursdays (14:30) - U14 & U15

### ATHLETICS

- **High jump** - Tuesdays and Thursdays: 15:00 – 16:00 @ Pyntuin by the gym, Coach Bennie
- **Long jump** - Mondays and Wednesdays: 14:45 – 15:45 @ Bloemhof , Coach Elzabe
- **Sprints** - Tuesdays and Thursdays: 15:00 – 16:00 @ Markötter, Coach Slappes
- **Hurdles** - Tuesdays and Thursdays: 15:00 – 16:00 @ Markötter, Coach Hennie
- **Javelin** - Tuesdays and Thursdays: 15:00– 16:00 @ Markötter - Coach Ryno (0846198588)
- **Shotput** - Tuesdays and Thursdays: 15:00 – 16:00 @ Markötter - Mr Grobler (0699870954)
- **Discus** - Tuesdays and Thursdays: 15:00 – 16:00 @ Markötter or Coetzenburg - Mr Pienaar (0766898499)
- **Middle and long distance as well as cross country** –  
-Mondays: Markötter (17:00-18:00)  
-Thursdays: Venue for Thursdays are confirmed with coach Jacques. (Contact coach Jacques van Rensburg at 0732105514 to train with his squad. This is the same squad for cross-country running)

### WATER POLO

<b>PRG - AR POOL</b>						
<b>Time:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>		<b>Thursday</b>	<b>Friday</b>
<b>14h30 - 16h00</b>	19B Squad (Faber)	14A Squad	14A Squad (Frank + Ross)	19B Squad (Faber)	14A Squad	19A Squad (Vaughn)
<b>15h45 - 17h15</b>		15A Squad ( Corne + Cam)	15A Squad ( Corne + Cam)		15A Squad ( Corne + Cam)	
<b>17h15 - 19h00</b>	19A Squad (Vaughn)	19A Squad (Vaughn)	19A Squad (Vaughn)			

## **CRICKET (AUGUST)**

Mondays: All u/15s: Oval nets and outfield (15:00-16:15)

Tuesdays: All u/19s: Oval nets and outfield (14:30-16:00)

Wednesday: All u/14s: Piet Retief Nets and outfield (14:30-16:00)

Thursdays: All u/19s: Oval nets and outfield (14:30-16:00)

## **BERGFIETSRY**

- Dinsdae & Donderdae (15:00 – 17:00): Vanaf PRG se sekuriteitshek. Almal welkom

## **GHOLF**

- Vrydag, 27 Aug (Oefenrondte): De Zalze, 15:00
- Maandag, 30 Aug (Oefenrondte): De Zalze, 14:45

## **SKAAK**

- Dinsdae 14:30 tot 16:00 Klaskamer W1

## **TENNIS**

- Dinsdae & Donderdae (14:30 – 15:30) vanaf Dinsdag, 31 Augustus